

JBSA LEGACY

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JOINT BASE SAN ANTONIO

OCTOBER 26, 2018



PHOTO BY STEVE ELLIOTT

Lt. Gen. Jeffrey Buchanan, commanding general, U.S. Army North (Fifth Army) from Joint Base San Antonio-Fort Sam Houston, greets a World War II veteran before a sendoff ceremony at the San Antonio International Airport Oct. 17, which saw 40 WWII veterans take off for a trip to New Orleans to visit the National World War II Museum.

Soaring Valor brings JBSA leaders, WWII vets, students together *Page 11*



USAISR pilot program provides burn care training
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'Port Dawgs' team with 'Alamo Dustoff' Soldiers for disaster relief training
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Celebrate America's Military 2018: Honoring those who serve

From 502nd Air Base Wing Public Affairs

Since 1970, the San Antonio Chamber of Commerce has organized Celebrate America's Military, or CAM, an annual tribute to the military. The two-week celebration during the month of November features events presented with community partners, making it the largest event of its kind nationwide.

CAM's Military Week gives the community an opportunity to pay tribute to local active-duty and retired service members. According to the chamber's website, the week is San Antonio's way of saying thank you to the men and women who serve to protect our nation.

The following events are open to the public. Some require registration or the purchase of tickets.

» FRIDAY, NOV. 2

3RD ANNUAL BAMC VETERANS DAY CELEBRATION

Location: Brooke Army Medical Center Garden Entrance Lawn, 3551 Roger Brooke Drive

Time: 11:30 a.m. to 1 p.m., celebration and entertainment; 1-2:30 p.m., lunch and health fair

All veterans are invited and welcome to attend this free event. Entertainment by the 323rd Army Band "Fort Sam's Own," the Steve Griggs Band and Candace Bellamy Music.

» SATURDAY, NOV. 3

THIRD ANNUAL 'YOU ARE NOT FORGOTTEN' EVENT

Location: 1500 Commerce St., San Antonio

Time: 10 a.m. to 6 p.m.

What started in 2016 as an appreciation luncheon for, and panoramic photo of, our Westside Vietnam Veterans evolved into 2018's open invitation to all veterans in San Antonio and its surrounding areas, from all wars and conflicts. At the southwest corner of Commerce and Colorado Streets, there is a mural titled "You Are Not Forgotten." Funded by San Anto Cultural Arts in 2006, lead muralist Mike Roman created the mural to honor his father, Antonio Roman, who served in the Vietnam War, and earned two Purple Hearts. Featuring a free lunch for all

veterans, a question-and-answer session with muralist Mike Roman and his father, a re-dedication ceremony for the mural, and live music throughout the day, "You Are Not Forgotten" is a significant gathering of the Westside community of San Antonio. In 2016 and 2017, more than 200 veterans were welcomed, in addition to family. This year, more than 600 people are expected to attend, including 400 veterans plus family and community members. For more information, call 210-452-7995.

TEXAS A&M MILITARY AUTHORS & BOOKS EXPO

Location: Vista Room, Texas A&M University-San Antonio, One University Way, San Antonio

Time: 11 a.m. to 4 p.m.

This event will be part of the Texas A&M University-San Antonio's 'Celebrate America's Military' celebration and is a free event to the public. The expo will consist of featured authors sharing their stories on stage, keynote speakers, resources for aspiring authors, a kids' corner, and networking opportunities for military authors.

» TUESDAY, NOV. 6

ALAMO NAVY LEAGUE BREAKFAST

Location: Fort Sam Houston Golf Course

Time: 8-10 a.m.

Organized by the Alamo Council Navy League, celebrate the Navy, Marine, and Coast Guard service members who live and work in San Antonio and learn more about the Sea Service's missions and growth in and around Joint Base San Antonio. Guest speaker is retired Rear Adm. Eric Young. Young's most recent assignment was commander, Navy Reserve Forces Command in Norfolk, Va., Sept. 25, 2014. Register at <https://www.eventbrite.com/e/navy-league-celebrate-americas-military-breakfast-tickets-49925865608>.

» WEDNESDAY, NOV. 7

SPIRIT OF AMERICA DINNER

Location: Hyatt Regency Hotel, 123 Losoya St., San Antonio

Time: 6 p.m. cocktails, 7 p.m. dinner

The Spirit of America dinner is the premiere event of Celebrate America's Military and this year features a keynote address by Chef Robert Irvine of the Robert Irvine Foundation: For Our Heroes,



an organization that honors the men and women defending our country, first responders and the many other heroes in our lives. The Foundation's mission is to support individuals and organizations committed to enriching the lives of our heroes and their families. The Spirit of America Dinner is attended by more than 500 military personnel from all branches of service as well as business and civic leaders from across San Antonio. The evening includes a cocktail reception, an elegant dinner and entertainment from the Air Force Band of the West. Registration is required.

» THURSDAY, NOV. 8

2018 ALAMO AFA COMBAT BREAKFAST

Location: JBSA-Randolph Kendrick Club

Time: 8 a.m.

Hosted by Maj. Gen. Andrew Toth, commander, Air Force Personnel Center, with guest speaker Col. Kato Martinez. Register at <https://alamoafa.3dcartstores.com/> by Nov. 5. If assistance is needed to get on the JBSA location, registration is needed no later than Oct. 26.

RED, WHITE, AND YOU HIRING FAIR AND VETERANS INFORMATION VILLAGE

Location: Hall C of the Expo Hall, 3201 E, Houston St., San Antonio

Time: 10 a.m. to 2 p.m.

Organized by Workforce Solutions Alamo, this is for transitioning service members, veterans and spouses. More than 100 employers and 50 organization that help veterans will be present.

» FRIDAY, NOV. 9

5TH ANNUAL AMERICAN GI FORUM VETERANS DAY GOLF TOURNAMENT

Location: The Quarry Golf Club, 444 East Basse, San Antonio

Time: 7 a.m., registration and breakfast;

CAM EVENTS continues on 25

JBSA LEGACY

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Feedback Fridays

By Brig. Gen.

Laura Lenderman

COMMANDER, 502D AIR BASE WING
AND JOINT BASE SAN ANTONIO

Feedback Fridays are weekly forums that aim to connect the 502d Air Base Wing with members of the Joint Base San Antonio community. Questions are collected during commander's calls, town hall meetings and throughout the week.

If you have a question or concern, please send an email to RandolphPublicAffairs@us.af.mil using the subject line "Feedback Fridays."

Questions will be further researched and published as information becomes available.

Personnel Issues

Q. Are civilians allowed Physical Training time? If so, must civilian PT be taken during the lunch hour?

A. I'm a big proponent of physical fitness, so great question! Per Air Force Instruction 36-815, civilian employees may be excused for up to three hours each week for fitness. These workout hours are normally approved in conjunction with lunch breaks, but all civilian employees are encouraged to work with their chain of command to identify the times that work best for your mission and unit. Again, great question!

Q. I have a civilian tuition question. I have completed my master's degree and attended school while an employee with JBSA. Will the government pay any of my student loan?

A. Thank you for the question, as this is a great benefit! The Student Loan Repayment Program can be utilized as a recruitment or retention tool for highly qualified personnel. The entitlement is for up to \$60,000 (not to exceed \$10,000 per year), but must be approved through the organization up to the Civilian Personnel Officer. There must be written justification that

explains how the unique qualifications of the individual, or the special needs of the organization, requires and support this type of incentive. If an employee receives this incentive, there is a requirement to sign a written service agreement for at least 3 years (could be more depending on the amount being paid). Individuals who fail to complete their agreements must reimburse the Department of Defense for the entire amount of all benefits received. Please contact our CPO for more information.

Installation & Facilities

Q. Are there plans to update our internet?

A. Thank you for your question. The 502d Communications Squadron has a few initiatives they are working to improve customer experience in regards to the network. Recently, they completed an email migration to the cloud on JBSA-Randolph and JBSA-Lackland which increased every user's email box to 99 gigabytes! This is about 1,000 times the amount of email storage the average

user had and prevents the pesky "mailbox is full" error message. Additionally, the 502d CS is working on an AF Pathfinder initiative to resolve latency problems identified by 10 bases across the AF, which includes JBSA-Randolph. The team is led by SAF/A6 and consists of personnel from numerous organizations. They are working to optimize the network starting from the desktop and working all the way to the commercial internet. For us non-tech types, there are numerous pieces of equipment and stages that your data has to flow through between your computer and the World Wide Web. Any one of them may be the cause of the latency and many of them are out of our direct control. The lessons learned from this Pathfinder will be applied across the AF, but updating those lessons learned will take some time to complete. In the meantime, we have made great progress in optimizing the parts of the local base infrastructure that we control. Finally, a reminder from last week's Q&A, JBSA-Lackland and Randolph are installing

Second Generation Wireless Local Area Networking (2GWLAN) which connects to the Air Force network while giving wireless capability for users, but that capability will be limited and must be funded by your organization.

Q. Are there any plans for new dorms for permanent party at any of our bases across JBSA?

A. Thank you for your question! As of now, we have one new dorm MILCON project at Fort Sam Houston for the Unaccompanied Enlisted Personnel Housing (UEPH) Barracks. We are continuing to evaluate our permanent party dormitories and barracks for future projects as more funding becomes available.

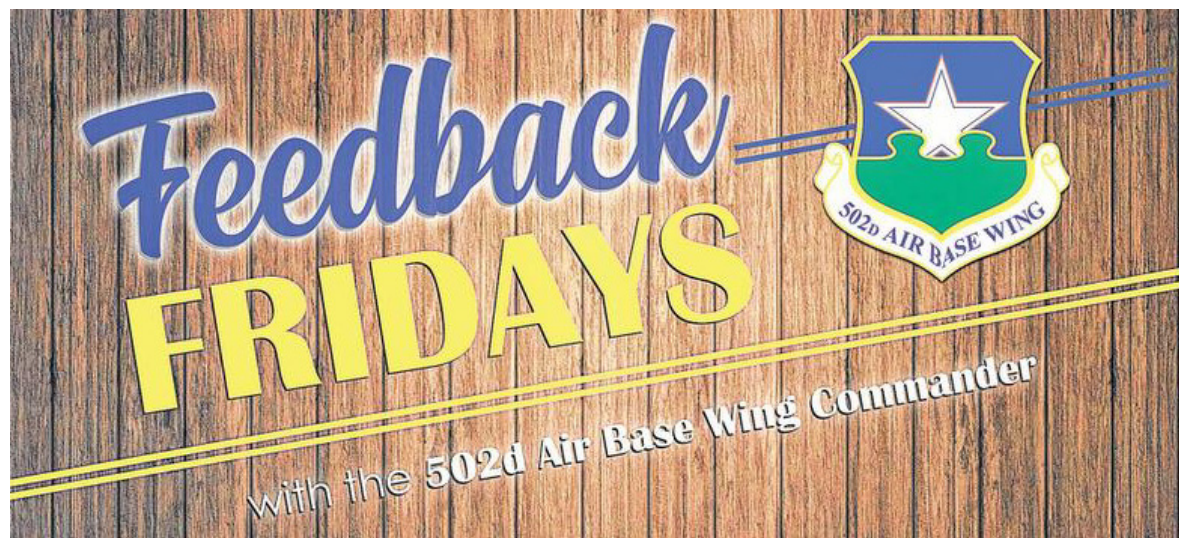
Q. Can we get new beds or new mattress toppers for the permanent party dorms?

A. A great question, and I'm so pleased to tell you that 1,400 mattress toppers have been ordered and were scheduled to be delivered Oct. 22! We plan to distribute these new mattress toppers between permanent party in Fort Sam Houston barracks and Lackland dormitories, as well as the

technical training dormitories on Lackland. We hope these new mattress toppers provide a better night's sleep to all of our Soldiers and Airmen across JBSA!

Q. The parks on Fort Sam Houston near housing are not handicap compliant per the American Disability Act (ADA). Is there any conversation as to fixing this to support our children and wounded warriors?

A. Thank you for your attention in this matter and for your concern for our children and wounded warriors. A conversation is being had, as this is important for all of us to resolve. As of right now, the most recent Area Development Plan for Fort Sam Houston has recommended that designs be pursued for improving parks, streetscapes, pedestrian network and key intersections. The 502d Civil Engineering Group will be working with the 502d Contracting Squadron to put this design work on contract later in Fiscal Year 2019. We will be sure to include measures that bring our parks into compliance with the ADA requirements.



Veterinary ‘One Health Week’ offers discounts

From JBSA Veterinary Treatment Facilities

Joint Base San Antonio Veterinary Treatment Facilities are participating in the first U.S. Army Veterinary Services One Health Week from Nov. 5-9.

During this time, a \$30 wellness discount will be available for clients when their pets receive wellness-related services, such as wellness exams, vaccinations, preventive medications or other items that promote the goals of “One Health.”

“One Health” is the integrative effort of multiple disciplines working locally, nationally and globally to attain optimal health for people, animals and the environment.

Because of their expertise, veterinarians play critical roles in the health of animals, humans, and the environment. The goal of the international “One Health” campaign is to bring attention around the world to the need for One Health interactions.

Call the nearest VTF for hours and appointment availability during One Health Week:

► JBSA-Fort Sam Houston Veterinary Treatment Facility, 2332 Harney Road, building 2635, 210-808-6101

► JBSA-Lackland Veterinary Treatment Facility, 2330 Hughes Ave., building 5747, 210-671-3631

► JBSA-Randolph Veterinary Treatment Facility, building 216, B Street West, 210-652-3190



COURTESY GRAPHIC

‘Pumpkin Patrols’ set for wingman duty on Halloween evening

By Robert Goetz

502ND AIR BASE WING
PUBLIC AFFAIRS

Trick-or-treaters at Joint Base San Antonio locations will again have a dedicated crew of wingmen close by to ensure that the night of the Great Pumpkin is a safe one for them.

“Pumpkin Patrols” comprising security forces squadron members and other volunteers from JBSA-Fort Sam

Houston, JBSA-Lackland and JBSA-Randolph will maintain a vigilant posture throughout Halloween evening, Oct. 31, as children dressed as superheroes, Star Wars characters, otherworldly creatures and other personas of their choice seek treats in JBSA’s housing areas.

“Pumpkin Patrol is a way for security forces and other volunteers to get out on Halloween and keep an eye on

our kids and community,” said Tech. Sgt. Angelina Simms, 902nd Security Forces Squadron NCO in charge of police services.

Pumpkin Patrols at JBSA-Lackland and JBSA-Randolph will keep watch from 5-8 p.m.

“Our procedure is to have security forces walking patrol,” said Tech. Sgt. Gabriel Larrazabal, 802nd SFS Installation Security Team member. “All housing areas at JBSA-Lackland will be covered – Frank Tejada West at the Medina Training Annex, Lemay Estates adjacent to the golf course, Airman Scott Village across from the exchange, and Frank Tejada East and North Skeet adjacent to the Balfour Beatty Community management office.”

At JBSA-Randolph, walking patrols will be augmented by volunteers driving golf carts, Simms said.

“We will have some volunteers driving around on golf carts handing out glow sticks and candy along with some volunteers on foot,” she said. “We like to hand out glow sticks so our kids can be seen in the dark, hand out candy to build community relations and maintain a strong presence in base housing to prevent any criminal mischief.”

JBSA-Fort Sam Houston’s Pumpkin Patrol will help keep trick-or-treaters safe from 6-8 p.m., said Lt. Steven Dews, 502nd SFS police supervisor.

“McGruff the Crime Dog will

serve as captain of the Pumpkin Patrol platoon,” he said. “There will be two-man teams on foot patrol in the designated Lincoln Military Housing areas.

However, staff post general officers’ homes will be off-limits to trick-or-treaters.”

One safety suggestion is that parents refrain from driving their trick-or-treaters through the housing areas, Dews said.

“The foot patrols will be discouraging vehicle traffic in the designated housing areas,” he said. “They will be recommending parking at the community centers and walking the routes of the housing areas of their choice.”

Staff Sgt. Tristan Streetman, 502nd Air Base Wing Safety Office occupational safety specialist, offered other safety tips applicable to any trick-or-treating situation, whether it’s in the JBSA housing areas or civilian communities.

“Some things everyone can do to help alleviate the risks associated with Halloween are to ensure costumes are easy to see by using light-colored clothing and always carry flashlights or glow sticks, or wear reflective material,” he said. “Use crosswalks anytime you want to cross the street and use nonverbal communication such as eye contact, looking both ways or using hand signals when attempting to cross the street so both the vehicle operator and pedestrians are aware of each other. If you’re driving, make

sure to slow down and be extra alert.”

Other suggestions are to be aware of your surroundings, don’t talk to strangers, don’t take any vehicle rides and have an adult inspect candy and other treats prior to consumption. Motorists must use their headlights, yield for all pedestrians, follow the posted speed limits and slow down when children are present.

Halloween events at JBSA youth centers, community schools and churches, and other venues are an alternative to trick-or-treating, Streetman said.

“This is always a great idea because, like with many organized activities, they are in well-lit areas and have been coordinated with local organizations,” he said.

Some events planned at JBSA include:

► Super Heroes Howl Down, an event hosted by the JBSA-Fort Sam Houston Family & Readiness Center Exceptional Family Member Program, 5-9 p.m. Oct. 26 at the M&FRC
► JBSA-Fort Sam Houston Youth Programs’ Halloween at the Haunted Trail and Halloween Carnival, 7-10 p.m. Oct. 27 at the golf course
► JBSA-Lackland Youth Programs’ Trunk-r-Treat, 6-8 p.m. Oct. 31 at the youth programs parking lot
► JBSA-Randolph Youth Programs’ Fall Hi-Jinx, 5:30-8:30 p.m. Oct. 31 in the youth center gym.



FILE PHOTO

AFCS hosts job fair

By Jesus I. Diaz

AIR FORCE CIVILIAN SERVICE

The Air Force Civilian Service is hosting a job fair for civilian positions available at Joint Base San Antonio-Randolph, JBSA-Lackland and JBSA-Fort Sam Houston Oct. 31 at the Omni San Antonio Hotel at the Colonnade.

The Air Force Civilian Service is seeking recent graduates and seasoned civilian professionals in a variety of occupations ready to make a global impact and soar to success. The benefits and rewards of being part of this exciting and challenging organization are unparalleled.

AFCS has immediate openings in a wide range of career fields, such as science and engineering, contracting, logistics, computer science, program management, financial management, education, maintenance, information technology, medical care and the Premier College Intern Program.

AFCS recruiters will be at the Omni

San Antonio Hotel between 9 a.m. and 3 p.m. reviewing resumes and performing interviews. Highly qualified candidates may be offered tentative job offers.

Interested candidates should bring a résumé, unofficial/official transcripts and professional references. Where applicable, candidates are also advised to bring a copy of their most recent SF-50/SF-50-4, DD214 (copy 2 or 4), Veterans Affairs disability rating letter, or Schedule A Letter, most recent W-2 or last two pay stubs.

Pre-registration is required. Learn more and register at <http://www.Afciviliancareers.com/jbsaact31>.

Think you or someone you know might be the right fit with AFCS? With hundreds of occupations at locations across the country and around the world, AFCS is committed to a vibrant and diverse workforce.

To learn more about the opportunities at AFCS, visit <http://www.AFCcivilianCareers.com> and register to receive job notifications.

Nurse advice line a click away

**From Military Health System
Communications Office**

Late on a cold night in January, a worried mother picked up her phone and made a call. Her 5-year-old child had been vomiting on and off for three hours, she told the registered nurse.

The nurse was reassuring, and thorough. After asking the mother several questions, the nurse determined the child didn't need immediate medical attention.

The mother felt relieved, and followed the nurse's directions to keep the child comfortable and hydrated while also looking for worsening symptoms or lack of improvement.

This is the MHS Nurse Advice Line in action. Approximately 44 mothers and fathers of infants reach out each day, with 40 percent of all inquiries pediatric-related.

Typical concerns relate to colds, rashes, fever and stomach ailments. The free, 24/7 advice line helps ensure the health and well-being of beneficiaries while reducing unnecessary emergency room and urgent care visits that can strain resources and cause longer wait times for all patients.

As of April 1, the MHS Nurse Advice Line expanded to include additional health care support services. The advice line is available by phone, web chat or video chat to beneficiaries anywhere in the world with a military treatment facility – including Guam, Puerto Rico, Cuba, South Korea and Japan. Previously, availability was limited to phone calls in fewer locations. Since expanded services began, web chat has been a popular option.

Along with getting answers to questions and receiving health care advice, beneficiaries can use the service to: find a doctor in a particular area; schedule appointments within 24 hours at military hospitals and clinics; get information about self-care; and, learn about symptoms to watch.

Beneficiaries may also receive sick slips for school or work. For those who are enrolled to a military hospital or clinic, the MHS Nurse Advice Line will also notify the patient's medical home team.

All location-specific phone numbers, web chat and video chat features can be accessed at <http://www.MHSNurseAdviceLine.com>.

FORT SAM HOUSTON

USAISR program provides burn care training

By David DeKunder

502ND AIR BASE WING
PUBLIC AFFAIRS

A pilot program at the U.S. Army Institute of Surgical Research Burn Center at Joint Base San Antonio-Fort Sam Houston is providing hands-on clinical training to deploying service members on the care and treatment of one of the most complex patient populations in the military — those with burn and traumatic injuries.

The Clinical Pre-Deployment Training Pilot Program gives groups and teams of medical servicemembers who are preparing for deployment the opportunity to train at the USAISR Burn Center. The burn center is the sole facility within the Department of Defense that cares and treats burn patients who are active-duty and injured in combat, military dependents and non-military civilian emergencies. Staffed by more than 200 medical professionals, the center provides first rate surgical services, nursing care, rehabilitation, restoration of function and community reintegration for burn patients.

Maj. Allison Ferro, USAISR Burn Center chief of clinical education, said the trainees in the program get hands-on experience caring for burn patients in the USAISR Burn Center, which are similar to the types of patients they may encounter in a deployed setting.

"The patient population that we have here in the burn center is unique and unlike any other unit that takes care of patients in the Department of Defense," Ferro said. "Our patients have the highest acuity (complexity of injuries of any patients in the Department of Defense), which

therefore most closely mimics combat casualties. It makes for a great training platform for folks who are about to deploy and take care of very complex patients."

The training program is open to medical personnel and groups from all military services who are getting ready to be deployed. Clinical training rotations in the program can last from one to four weeks depending on specific skill needs and requests of servicemembers and groups who are being trained.

Ferro said trainees learn under the guidance of burn center staff members, who are experienced subject matter experts in the area of burn and traumatic injuries.

"By gaining hands on clinical experience on the sickest patients in the Department of Defense, they're then able to develop those clinical skills to care for combat casualties," she said. "Clinical training on the treatment and care of burn and trauma injuries is needed because many military medical personnel have never had a chance to care for burn and trauma patients, which make up four to seven percent of all combat casualties.

"Burn care is very specific, therefore best taught by subject matter experts rather than just from a book."

Patricia Colston, USAISR Burn Center nurse educator, said the training program allows servicemembers to learn in a controlled environment, instead of having to learn in a hectic deployed setting.

"It gives them good exposure to see what they might experience in real life so that way they are not so overwhelmed in the field,"



DAVID DEKUNDER

Maj. Allison Ferro, left, U.S. Army Institute of Surgical Research Burn Center chief of clinical education, and Patricia Colston, USAISR Burn Center nurse educator, prepare a patient mannequin used for training in the Clinical Pre-Deployment Training Pilot Program.

Colston said.

During the training, Colston said medical personnel in the program learn how to work together as team in treating injuries since some of the trainees are working together for the first time.

"It's a good way to learn the roles of each individual on the medical team," Colston said.

Although clinical rotations have been conducted in the burn center for several years, the Clinical Pre-Deployment Training Pilot Program started in April. Ferro said the pilot program is the first to standardize curriculum and training platforms for deploying servicemembers who are learning about burn and traumatic injuries.

Since April, Ferro said 85

servicemembers and six medical teams, from units as far away as Japan to those as close as JBSA-Fort Sam Houston, have undergone training in the program. She said the USAISR Burn Center surveys servicemembers who have been trained in the program to gauge its effectiveness. The data from those surveys will be used to determine if the training program is helping servicemembers to improve their skills and knowledge of treating injuries.

Ferro said she hopes the concept of the Clinical Pre-Deployment Training Pilot Program can be expanded to civilian medical facilities across the U.S. that also specialize in burn and trauma injuries and who would be willing to train

deploying servicemembers.

"Because no other clinical training platform exists of its type (for burn and trauma injuries), we're (USAISR Burn Center) the only one in the military for training servicemembers on how to treat burn patients," Ferro said. "We are looking to expand it to our civilian partners at any facility with a similar patient population. Hopefully, we'll be able to show that our training platform increases individual readiness — that's the goal."

Groups and teams of medical servicemembers who want to participate in the Clinical Pre-Deployment Training Pilot Program can find out more about the program at usarmy.jbsa.medcom-aisr.list.education@mail.mil.

Flight brings World War II veterans, students together



STEVE ELLIOTT

A World War II veteran and his high school escort enjoy the reception as they arrive for a sendoff ceremony at the San Antonio International Airport Oct. 17.

By Steve Elliott

502ND AIR BASE WING PUBLIC AFFAIRS OFFICE

They came from different services. They had different experiences serving their nation during World War II. They fought in different countries.

But the 40 WWII veterans gathered at the San Antonio International Airport Oct. 17 had one thing in common: Patriotism ... Honor ... Pride.

The Soaring Valor program, created by the Gary Sinise Foundation, joined the National WWII Museum and American Airlines to bring these 40 veterans from the San Antonio area together with 40 high school students from Dallas to visit the National WWII Museum in New Orleans Oct. 17-19.

While in New Orleans, the veterans were treated to a one-of-a-kind experience, including a tour of the museum, as well as entertainment, celebratory meals and an opportunity for community with their fellow veterans.

Sinise met with all the veterans and students once they arrived in the Crescent City.

Sinise's foundation expanded the program in 2017 by inviting students to join the Soaring Valor trips. Students accompany the veterans through the museums exhibits, join them for celebratory meals and participate in public speaking alongside our featured guests. This educational experience allows

younger generations to learn first-hand from "America's Greatest Generation."

This was the 14th Soaring Valor trip the Gary Sinise Foundation has sponsored. The foundation also sponsors an additional historian at the museum in an effort to collect as many stories from WWII veterans as possible.

While in San Antonio, the veterans and students got a send-off from the 323rd Army Band "Fort Sam's Own, the 502nd Air Base Wing Honor Guard and heartfelt messages from local military leaders.

"We've confused celebrity status with heroism," said Lt. Gen. Jeffrey Buchanan, commanding general, U.S. Army North (Fifth Army) from Joint Base San Antonio-Fort Sam Houston. "If you're looking for heroes, look no further than the group here. We should all be inspired by their valor."

Also speaking was retired Army Lt. Gen. Rick Lynch, a former commanding general of the U.S. Army's Installation Management Command at JBSA-Fort Sam Houston. "I am humbled to be in your presence," he told the veterans. "The Soaring Valor program is one small way we can say thank you."

The ceremony was a fitting sendoff to a group of heroes that grows ever smaller with every passing year, but also a group that has lost none of its passion when it comes to their love for their country.



Joint Base San Antonio FORCE SUPPORT SQUADRON

Monthly Events

November

Bowling

Veterans Day brings bowling specials

Veterans are invited to the JBSA-Fort Sam Houston Bowling Center Nov. 10-11, during normal operating hours. Veterans that buy one game get the second game free and free shoe rental. Proper identification is required. For more information, call 210-221-3683 or 210-221-4740.

Come out to the JBSA-Randolph Bowling Center to celebrate Veterans Day Nov. 10, noon to 6 p.m. and Nov. 11, 1-4 p.m. The special bowling rate is \$2.75 per game, per person with \$2.50 shoe rental. For more information, call 210-652-6271.

Veterans are invited to the JBSA-Lackland Skylark Bowling Center to receive free shoe rental when they bowl Nov. 12, 4-10 p.m. For more information, call 210-671-1234.

Bowl with a DJ

Come to the JBSA-Fort Sam Houston Bowling Center Nov. 17, 5-10 p.m., to enjoy the glowing light show with a live DJ mixing today's high tempo hit music at Cosmic Bowling with a DJ Night. For more information, call 210-221-4740.

Bowlers play in a tournament

The JBSA-Lackland Skylark Bowling Center hosts a 9-Pin, No-Tap Tournament Nov. 17, 5 p.m. The entry fee is \$20 if paid by Nov. 15. After the deadline, the cost is \$25. Prizes for both men and women categories are awarded immediately following the completion of the tournament. For more information, call 210-671-1234.

Annual tournament held for Thanksgiving

Visit the JBSA-Randolph Bowling Center Nov. 21, 6 p.m., for the annual Thanksgiving Bowling Tournament. The tournament is a scratch format. The cost is \$50 per person and prizes are given out based on the number of entries. To sign up, call 210-652-6271.

Thanksgiving AETC family day special offered

Treat the family to a fun-filled day at the JBSA Bowling Centers Nov. 23, during normal operating hours at the JBSA-Fort Sam Houston Bowling Center and 1-8 p.m. at the JBSA-Randolph Bowling Center. Take advantage of the "Rent-a-Lane" special. This special includes two hours of bowling, shoe rental, drinks and a large pizza. For more information, call JBSA-Fort Sam Houston at 210-221-3683 or 210-221-4740 or JBSA-Randolph at 210-652-6271.

Special bowling rate offered over Thanksgiving weekend

Come out to the JBSA-Randolph Bowling Center Nov. 24-25, during normal operating hours, for the special Thanksgiving rate of \$2.75 per game, per person with

\$2.50 shoe rental. Excludes Saturday Strike Club. For more information, call 210-652-6271.

Clubs

Bingo fun is at the club

Bingo at the JBSA-Randolph Kendrick Club takes place Monday through Thursday, 7 p.m., Sundays, 3 p.m. and Saturday, Nov. 3 and 17, 3 p.m., in the ballroom. Admission is free to members and \$10 for nonmembers.

Join the JBSA-Randolph Kendrick Club for Bingo Extravaganza Nov. 5 and 19 with \$15,000 in total jackpots, a complimentary buffet at 5 p.m. and Early Bird bingo at 6 p.m.

Birthday Bingo is held Nov. 14, 7 p.m., at the JBSA-Randolph Kendrick Club. Birthday members receive one free machine and cake. This event is for Randolph Club members only and an ID card is required. For more information, call 210-652-3056.

Order turkeys and hams to go

Relax this Thanksgiving and let the JBSA-Randolph Parr Club do the cooking. The cashiers accept orders Nov. 6 through Nov. 16 and all orders must be picked up by Nov. 21, no later than 4 p.m. No pick ups are allowed Thanksgiving Day. Customers are given a receipt at time of purchase, which needs to be presented at time of pick up. Reheating instructions are included. The cost of the meal is \$75 for members and \$85 for nonmembers. Meals feed 4-6 people and include a 12-14 pound turkey, cornbread or herb dressing, green beans, corn, turkey gravy, cranberry sauce, dinner rolls and one pumpkin or sweet potato pie or one six-pound Honey Glazed Ham, mashed potatoes, green beans, corn, brown gravy, dinner rolls and one pumpkin or sweet potato pie. The price for just the turkey or just the ham is \$45 for members or \$55 for nonmembers. Coupons, club bucks or gift certificates are not accepted as payment for this event. To place an order or for more information, call the Catering Department at 210-658-7446 or the cashiers' cage at 210-652-4864.

Sky Lounge hosts live entertainment

Stop by the Sky Lounge on the second floor of the JBSA-Randolph Parr Club for musical entertainment Nov. 9, 6-10 p.m. The Tobias Band performs 6:30-10 p.m. with complimentary hors d'oeuvres from 6-7 p.m. Admission is free for club members and \$10 for nonmembers. For more information, call 210-658-7445.

Appreciation brunch for veterans offered

In celebration of Veterans Day, activity duty military and retirees are qualified to receive 50 percent off their meal during Sunday brunch, Nov. 11, 10 a.m. to 1 p.m., at the JBSA-Randolph Parr Club. Veterans must be a club

member to receive the discount. Other club members and all Department of Defense ID cardholders are invited to enjoy lunch as well. The cost is \$23 for members, \$25 for nonmembers, \$12 for members' children, 6-12 years, \$15 for nonmembers' children, 6-12 years, and free for children 5 years and younger. For more information, call 210-652-4864.

November birthdays are celebrated with a buffet

The JBSA-Randolph Parr Club offers a complimentary buffet every month for members with birthdays in that month. Members with November birthdays are honored Nov. 14, 11 a.m. to 1:30 p.m. This is free for birthday members. Cost is \$10 for members without a birthday in November, \$5 for members' children, 6-12 years, \$12 for nonmembers and \$6 for nonmembers' children, 6-12 years. Children 5 years and younger eat for free. Coupons are not accepted. For more information, call 210-658-7445.

Guests fly into the Auger

Join the party at the JBSA-Randolph Parr Club Auger Inn for "old school" camaraderie, free light refreshments and great music Nov. 16, 5 p.m. Meet neighbors, folks from other squadrons and leadership. There is no cover to join the fun. For more information, call 210-658-7445.

Join the club for a Thanksgiving feasts

The JBSA-Randolph Parr club offers a Thanksgiving feast Nov. 22. Club members begin making reservations Nov. 6 and all others start making reservations Nov. 13. This event is sold out every year so the club urges patrons to make reservations early. The price for this feast is \$29 for adult members, \$33 for adult nonmembers, \$15 for members' children, 6-12 years, \$17 for nonmembers' children, 6-12 years. Children 5 and younger eat for free. Seating times are 10 a.m., 10:30 a.m., 12:30 p.m. and 1 p.m. The last day to cancel a reservation with a refund is Nov. 19; no refunds are issued after this date. Please make reservations by calling the cashier's cage. To ensure quality service is provided to all attending, once all times and rooms are booked, no additional seating is added. Dress attire is business casual. Coupons, club bucks or gift certificates are not accepted as payment for this event. For more information, call 210-658-7445.

Community Programs

The Harlequin Theatre puts on a show

Make reservations today for the JBSA-Fort Sam Houston Harlequin Theater performance of "A Company of Wayward Saints" Nov. 2-17. This performance is about a commedia dell'art group far from home without any financial means. A nobleman may be their salvation

JBSA FSS

if they can put on a good show for him. The Company chooses to present the history of man, from the Garden of Eden through Everyman in birth, adolescence, marriage and death. Along the way they enact other wayward adventures such as the assassination of Julius Caesar and the homecoming of Odysseus. This show is sponsored by THE GUNN AUTOMOTIVE GROUP. No federal endorsement of sponsor intended. For more information or to make reservations, call 210-222-9694.

Squadrons show spirit in giant holiday card contest

Show off squadron spirit and wish everyone a happy holiday season with the Giant Holiday Card Contest. All of Joint Base San Antonio is invited to show creativity with a giant holiday card. Winners are announced at the Holiday Tree Lighting Ceremony Nov. 28 on the front lawn of the Gateway Club. The first-place winner receives \$500 in Force Support Squadron bucks. For more information, call 210-671-2619. May the best card win.

Community Center hosts a flea market

Shop for bargains or treasures at the JBSA-Lackland Skylark Community Center quarterly flea market at the Skylark Bowling Center parking lot Dec. 1, 8 a.m. to noon. Sellers can rent spaces for \$10. Tables are \$5 each. Payment for reservations must be paid in cash and in person at the Skylark Community Center. For more information, call 210-671-3193 or 210-671-2021.

Community Center offers holiday solutions

The holiday season is in full swing at the JBSA-Fort Sam Houston Sam Houston Community Center and it truly is the most wonderful and busy time of the year. This year a to-go turkey special is available for those overwhelmed by the holidays. Delivery is available. Place orders for one of the critically acclaimed roasted turkeys or come in to meet with the caterers about hosting an event right here. Let the talented chef and skilled service staff take care of all the holiday needs and just enjoy celebrating with family and friends. For more information or to place an order, call 210-808-6262 or 210-808-6263.

Fitness

Participants knock time off their 5K run with sit ups

Participants knock time off their run at the Sit Up and 5K Run Nov. 3, 6:30 a.m., at the JBSA-Fort Sam Houston Central Post Gym. For each sit up performed correctly within two minutes, participants take 10 seconds off their 5K run time. Registration and sit ups start at 6:30 a.m. and the race starts at 8 a.m. The race is free and open to all Department of Defense ID cardholders, age 16 years and older. For more information, call 210-221-3593.

Partrons compete in a sixty-second pushup competition

All Department of Defense cardholders are invited to see how many pushups they can complete in sixty-seconds Nov. 6-9 at the JBSA-Lackland Gillum Fitness Center. Check with the front desk for a fitness specialist to count and record efforts. Winners are announced at the end of the day. For more information, call the 210-977-2353.

Veterans' Appreciation Day

The JBSA-Randolph Rambler Fitness Center appreciates veterans. The Fitness Center is hosting an open house Nov. 9, 11 a.m. to 1 p.m., for veterans in recognition of all those who have served this great country and in appreciation for all their sacrifices. Come take a tour to see how the fitness center can help improve quality of life. The fitness center offers top-of-the-line equipment and excellent programs. Fitness center staff are on hand to answer questions. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. Fitness center events are open to all valid Department of Defense ID cardholders. For more information, call 210-652-7263.

Turkey Trot or Great American Smoke Out run or walk

Patrons are invited to come out to the JBSA-Randolph Rambler Fitness Center jogging trails Nov. 16, 11 a.m., to trot their way to a healthy holiday season and support "The Great American Smoke Out" by running or walking a 5K. All participants are entered in a drawing to win a turkey for a holiday feast. This event is sponsored by Randolph-Brooks Federal Credit Union. No federal endorsement of sponsor intended. Fitness Center events are open to all valid Department of Defense ID cardholders. For more information, call 210-652-7263.

Lackland Lighting Ceremony
Join the festive tradition of the Gateway Club
Nov. 10, 6 p.m.

Randolph Lighting Ceremony
Join the festive tradition of the Tug on Washington Circle
Nov. 30, 6 p.m.

Fort Sam Houston Lighting Ceremony
The holiday festivities start off at the JBSA-Fort Sam Houston with a flag pole.
Nov. 8, 6 p.m.
Form a silent turkey call with JBSA's

Patrons run in ugly holiday sweaters

Join the JBSA-Fort Sam Houston Fitness Center on the Medical Education and Training Campus Dec. 1, 9 a.m., for the Ugly Holiday Sweater 5K at the Navy Aquatic Center Parking Lot. Wear an ugly holiday sweater and enter a drawing to win prizes. This event is free and open to all Department of Defense ID cardholders, family,

guests and pets are invited as well. For more information, call 210-808-5709.

Golf

Golfers compete in a scramble

The JBSA-Fort Sam Houston Golf Course hosts the Warrior Scramble Nov. 2, 12:30 p.m. Cost is \$25 for members and \$35 for nonmembers. The price includes green fee, golf cart, prize money and a social after the round. For more information, call 210-222-9386.

JBSA-Gateway Club Thanksgiving Feast
Nov. 22 • 10:30 AM to 2:30 PM
Members: \$25.95
Nonmembers: \$27.95
Member Children (Ages 6-11) \$11.95
Nonmember children (Ages 6-11) \$12.95
Children 5 and younger free
No coupons accepted
(210) 671-0771

Veterans Day tournament held

Join the JBSA-Randolph Oaks Golf Course for a two-person team Veterans Day Tournament Nov. 12. With this tournament, holes 1-6 are played as a scramble, 7-12 are played as a best ball and holes 13-18 are played as a modified alternate shot. Net and gross are paid and the team handicap is the lowest of the two handicaps. Cost is \$20 to enter. For more information or to sign up, call 210-652-4653.

Turkey Shoot tournament offered

The JBSA-Lackland Gateway Hills Golf Course hosts a Turkey Shoot golf tournament Nov. 17, 8 a.m. This is an individual stroke play tournament. The entry fee is \$20 and does not include green fees and cart rental. The top three finishers win a turkey. For more information, call 210-671-2006.

Golfers try to win holiday bird

Golfers are invited to take a shot at winning their holiday bird at the JBSA-Fort Sam Houston Golf Course three-person Turkey Shoot Nov. 18, 12:30 p.m. Teams must have at least one male and one female golfer and junior golfers are welcome to participate. The cost is \$25 for members and \$35 for nonmembers and includes green fee, cart, social

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includes all required safety equipment such as life vests, but does not include fuel. The rentals are on a first-come, first-serve basis. Participants must have taken the Boater's Safety Course through the State of Texas. JBSA offers the course at the JBSA Recreation Park @ Canyon Lake or the Outdoor Recreation locations on JBSA installations. For more information call 1-830-226-5537.

Winter weekend boat special offered

The JBSA-Lackland Outdoor Recreation offers all weekend boat rentals for half price through February 2019. Rentals can be picked up on Friday, 8 a.m. to 3 p.m. and returned the following Monday, 8 a.m. to 3 p.m. This offer does not include canoe or kayak rentals. For more information, call 210-671-5533.

Play paintball in the winter

Winter weather in south central Texas brings great opportunities to play paintball at the JBSA-Lackland Outdoor Recreation paintball field. Gather friends, family and coworkers and come out for a great time. The paintball program is the perfect opportunity for morale functions, team cohesion challenges, squadron events and birthday parties. The paintball field is on a reservation-only basis. Minimum group size needed to participate are 15 players. The group price \$20 per player and includes one mask, one paintball marker, field fees, air refills and one bag of paintballs, 500 count, per player. For more information or to make reservation, call 210-671-5332.

Youth and Children

First steps basketball offered

Register children, 3-4 years, for First Step Basketball at the JBSA-Fort Sam Houston W. Ed. Parker Youth Center, building 1630, through Nov. 30. Cost is \$35 per child and an immunization record and sports physical are required at registration. For more information call 210-221-5513 or 210-221-4492.

Register children, 3-5 years, for First Steps Basketball Nov. 26 through Dec. 7 at JBSA-Lackland Youth Programs. Kids learn the fundamentals of basketball in a non-game or team format. Parents are required to participate in the learning sessions. Cost is \$35 for six weeks of instruction. Sessions run Jan. 5 to Feb. 9. A current immunization record is required at the time of registration. For more information, call 210-671-2388.

Youth help in Santa's Workshop

Youth, 9-18 years, are invited to the JBSA-Fort Sam Houston Youth Center, building 1630, Nov. 3 and 17, 2-4 p.m. for Santa's Workshop. This is an opportunity for youth to make Holiday gifts and decorations for their parents, grandparents or any other special person in their life. Sign up is required by the Thursday prior to the event and the cost is \$3 per participant, per workshop. For more information, call 210-221-3502 or 210-221-4492.

Youth go to the movies

The JBSA-Fort Sam Houston Youth Center hosts movies for the Teens, 14 years and older, Nov. 3, 4-8 p.m. Meet at the Youth Center, building 1630, have pizza and then head out for the movies. The cost is \$6 per person.

Sign up is limited so register and pay by Nov. 1. For more information, call 210-221-3502 or 210-221-4492.

The JBSA-Fort Sam Houston Youth Center invites Teens, 14 years and older, to an evening at the movies Nov. 16. Space is limited and a permission slip is required. The trip is free but youth are responsible for purchasing their own movie snacks. For more information, call 210-221-3502 or 210-221-4492.

The JBSA-Fort Sam Houston Youth Center hosts Saturday evening at the movies for youth, 10-13 years, Nov. 17, 3-6 p.m. Meet at the Youth Center, building 1630, before heading out for the movies and come back for pizza. The cost is \$6 per person. For more information, call 210-221-3502 or 210-221-4492.

Youth participate for free

Celebrate recreation and fun and participate at JBSA-Randolph Youth Programs for free Nov. 5-10. Youth Programs has a lot of activities, programs, camps and classes to enjoy over the summer and during the school year. Stop by Youth Programs, building 585, to check out everything offered. For more information, call 210-652-3298.

Youth have a Veterans Day celebration

Youth, 9 years and older, celebrate veterans Nov. 7, 4:30-6 p.m., at the JBSA-Fort Sam Houston Patch and Chaffee Youth Center, building 2515. Youth are invited to interact with friends, family and staff while enjoying games, contests, special food and more. For more information, call 210-221-3630.

Parents offered a break

JBSA Youth Programs offers parents a break through the Give Parents a Break or Parents' Night Out program Nov. 9, 6:30-10:30 p.m. at JBSA-Lackland and Nov. 16, 6-10 p.m. at JBSA-Randolph. Children, 5 years, and in kindergarten, through 12 years, are provided snacks and entertained with activities and games. The cost is \$25 per child with a multiple-child discount or free with a GPAB referral. Late pickup is subject to \$5 for the first five minutes, then \$3 for every minute after that. Pre-registration and a minimum number of participants is required. For JBSA-Lackland, call 210-671-2388 to register children 5-12 years, and to register children 6 weeks to 4 years, call 210-671-3675. For JBSA-Randolph, call 210-652-2088 to register children 5-12 years, and to register children 6 weeks to 4 years, call 210-652-1140.

Families invited to a bistro night

Come hungry for a traditional Thanksgiving Feast at Bistro Night with the JBSA-Fort Sam Houston Youth Center family Nov. 14, 5-7 p.m. This special night is free for all registered families at JBSA-Fort Sam Houston Youth Programs. Feast on turkey, dressing, ham and all the sides including desserts. For more information, call 210-221-3502 or 210-221-4492.

Month of the Military Family Hot Dog Dinner

Join JBSA-Randolph Youth Programs for a free appreciation Hot Dog Dinner Nov. 15, 5-6 p.m. at the Youth Center, building 585. For more information, call 210-652-3298.

Thanksgiving feast celebration for youth held

Youth, 9-18 years, are invited to celebrate the Thanksgiving Fest Nov. 15, 5-8 p.m., at the JBSA-Fort Sam Houston Patch and Chaffee Youth Center, building 2515, with games, prizes, crafts and more. For more information, call 210-221-3630.

Basketball camp held

Register youth, 7-15 years, for basketball camp at the JBSA-Fort Sam Houston W. Ed. Parker Youth Center, building 1630. Camp runs Nov. 19-21, 5-7 p.m. The cost is \$10 per youth and they must be registered with Child and Youth Programs to participate. For more information, call 210-221-5513.

Winter camp registration opens

Families who need child care for their children during the holiday break can request care beginning Nov. 19 on MilitaryChildCare.com. Requests are taken until slots are full. Fees are based on total family income and all required paperwork must be on file. JBSA-Randolph School Age Care Winter Camp runs Dec. 20 through Jan. 7. JBSA-Fort Sam Houston School Age Care Winter Camp runs Dec. 26 through Jan. 7. For more information, call JBSA-Fort Sam Houston School Age Care at 210-221-5151 or JBSA-Randolph School Age Care at 210-652-2088.

Youth have fun at a lock-in

JBSA-Fort Sam Houston Youth Programs invites youth to hang out all night for a fun time with friends and enjoy games, music, good food and a trip Dec. 7-8, 9 p.m. to 7 a.m. at the Patch and Chaffee Youth Center. The cost is \$15 per youth and a signed permission slip is required. Sign up deadline is Dec. 3. For more information, call 210-221-3630.

Youth sports volunteers needed

Adult volunteer coaches are needed for upcoming sport seasons at all JBSA Youth Sports Program. For more information, call JBSA-Fort Sam Houston at 210-221-5513 or 210-221-4492, JBSA-Lackland at 210-671-2388 or JBSA-Randolph at 210-652-2088 or 210-652-3298.

STAY CONNECTED

Stay current on Joint Base San Antonio 502d Force Support Squadron events, specials and daily activities.

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EMT course builds AF firefighters' capabilities



By **Airman 1st Class Dillon Parker**
502ND AIR BASE WING
PUBLIC AFFAIRS

Air Force firefighters from several military installations across the United States will be certified as Emergency Medical Technician Instructors through an emergency management services course at Joint Base San Antonio-Lackland Oct. 15-19.

The course is a part of the Air Force Fire Chief's recent directive for AF firefighters to perform to the emergency medical technician level, and will enable the graduates to provide both refresher and initial training to certify others as EMTs.

"This course is extremely important for the Air Force," said Master Sgt. Richard Carvajal, Air Force Medical Operations Agency EMS operations manager. "Emergencies are never going away, and it's critical that our firefighters can prevent delays

in patient care during a first response situation. This course exponentially increases our capabilities because of all of the students here can teach their own courses."

The course has been designed to meet the national guidelines for educating EMS instructors. The course will fine tune the student's skills for emergency medical situations and show them how to become site coordinators for their units, tracking all of their assigned firefighters EMT certifications, Carvajal said.

"Emergency medical responses are the most common situations we run into," said Robert Conklin, an Air Force fire and EMS instructor trainer. "So it makes sense to try to get our personnel to the highest level we can in dealing with these situations. It also makes sense to try to certify instructors at each unit so we don't have to fly someone in every time anyone needs a refresher on their certificate."

Robert Conklin, an Air Force fire and EMS instructor trainer, teaches an Emergency Medical Technician Instructor course Oct. 16 at Joint Base San Antonio-Lackland.

COURTESY PHOTO

346TH TEST SQUADRON MOVES TO NEW HOME

Members of the 346th Test Squadron Unified Capabilities Assessment Program team cut the ribbon during a ceremony Oct. 15 at Joint Base San Antonio-Lackland. The ceremony welcomed the UCAP team to its new home. The team provides Department of Defense Information Network Approved Products List testing of communications equipment before the equipment can be connected to the DODIN. UCAP is the only Air Force lab that provides DODIN APL testing and results are accepted DOD-wide.



TECH. SGT. R.J. BIERMANN

LACKLAND

VIPER Clinic stands ready

By 2nd Lt. Austen Jarboe

502D AIR BASE WING PUBLIC AFFAIRS

At the 343rd Training Squadron, the road to becoming a Defender in the U.S. Air Force is not for the faint of heart. Twelve-plus-hour training days, unpredictable weather, intense physical conditioning and a demanding academic curriculum are waiting for Airmen who wish to earn their place in U.S. Air Force Security Forces.

This journey becomes even more difficult when faced with physical injuries that can limit performance and add another level of stress to an already grueling training schedule. Luckily for prospective Defenders, experienced specialists from the 559th Trainee Health Squadron are standing by to patch them up and get them back in the fight.

Certified athletic trainers from the 559th's VIPER clinic evaluate and treat Security Forces students daily at both the Combatives Lab at Joint Base San Antonio-Lackland and the field training site at JBSA-Camp Bullis. VIPER stands for Versatile Injury Prevention and Embedded Reconditioning, and the team can heal most minor to midlevel musculoskeletal injuries without needing off-site medical attention.

Having such specialized care on site saves time and resources, and is a huge boost to students' morale.

"Before VIPER, usually if someone was injured at combatives training, our only option was calling an ambulance," said Tech. Sgt. Barry Hollister, combatives instructor supervisor. "That

was time-intensive, expensive for the Air Force and that Airmen usually lost so much training time that they had to be washed back."

The Combatives Lab is one of the students' first exposures to the physicality of their new career field.

"I tell the Airmen on training day zero, 'You're going to figure out how your body reacts to this training,'" said Jacquelyn Hale, VIPER athletic trainer at the Combatives Lab. "You're going to be sore in places you didn't even know existed, but we have tools to help you get through that."

When students are physically injured, the psychological impact can raise their stress levels significantly.

"One of the things I battle here is the students being scared to come see me because of the stigma of being washed back or placed on waivers," said Erin Thiltgen, VIPER athletic trainer at JBSA-Camp Bullis. "I try to explain to Airmen what's going on and why they do or don't need a waiver. It helps them understand 'this is why it's hurting, but this is why it's also not that bad.'"

Being medically disqualified from certain activities can delay training and separate students from the team they've been working with for weeks.

"I think there's definitely a stigma; there are a lot of people who don't want to get washed back for simple reasons," said Airman 1st Class Haley Downin, a Security Forces student who was injured early in her time at JBSA-Camp Bullis. "I know I was definitely scared because I could have very easily been washed back, and I'm very

thankful that I wasn't."

Breaking through that stigma against seeking medical treatment has been a major goal of both the course instructors and the trainers at VIPER.

"We try to let the trainees know that our goal is never to wash them back and that if they have a medical injury, they absolutely need to come forward with it," Hollister said. "We do everything to keep Airmen in training and VIPER is a huge part of that."

Over the couple years that VIPER has been embedded within Security Forces training, students have learned that the athletic trainers are a valuable member of their team.

"The stigma of seeking medical treatment kind of died down once VIPER came to the Combatives Lab," said Tech. Sgt. Brian Litney, combatives instructor. "The Airmen see some of their fellow wingmen go see the athletic trainer and are back in training in the next 10 minutes, versus going in an ambulance where they're gone most of the day, and some of them don't even return."

The on-site presence of VIPER has contributed to success working with both students and instructors in the training course.

"The embedded element of VIPER is really what helps. Getting out there talking to the instructors, knowing the instructors, going out to the training areas and seeing what the Airmen do," Thiltgen said. "In two-and-a-half years, I feel like I've developed a pretty good rapport with leadership and instructors. I try to make sure I communicate well with them and I feel they are really receptive to that."

"Most of the instructors,



AIRMAN DILLON PARKER

Jacquelyn Hale, a 343rd Training Squadron athletic trainer, walks a 343rd TRS instructor through physical training exercises Oct. 12 at Joint Base San Antonio-Lackland.

with the gear we carry and the work we've done, we've all been injured and had to see the doctor at one point or another," Hollister said.

He and the other combatives instructors teach students to seek the help they need to ensure they're ready to accomplish the mission.

"Coming back to the core value of Service Before Self, how can they perform that service if they don't take care of themselves so they can give to the Air Force?"

Downin said she worked very hard to push through her injury and keep training with her team.

"I was able to do therapy. A lot of my pain ended up going away and now I'm not actually in pain at all, which I'm thankful for because I couldn't even raise my arm above a 90-degree angle, and now I can

move it through a full range of motion," Downin said.

Through her hard work, the dedication of her instructors and the support of VIPER, Airman Downin is healthy and on track to graduate in a few weeks.

From fresh off the bus immediately after BMT to walking across the stage to receive their flash, students at the 343rd Training Squadron pour their blood, sweat and tears into the course for the privilege of calling themselves Defenders.

They can give their maximum effort, knowing equally passionate and talented athletic trainers work tirelessly to keep them in training and ultimately on the battlefield. After all, it is easier to Fly, Fight and Win when you know there is someone there to catch you when you fall.

Gateway Bulverde Clinic pharmacy: Medicine for North Central San Antonio patients

By Daniel J. Calderón
59TH MEDICAL WING PUBLIC AFFAIRS

The Gateway Bulverde Clinic pharmacy celebrated six months of operation at its new location in far North Central San Antonio on the second floor of Baptist Emergency Hospital Oct. 17.

The new pharmacy is a boon for patients in the area. “I’m glad it’s here,” said Claire Gill, the spouse of a retired Air Force service member. “I’ve had no problems at all in the last six months since I’ve been coming to this clinic and this pharmacy.”

The pharmacy, which shares its location with the Gateway

Bulverde Clinic, opened its doors in April. Since then, technicians and pharmacists serve an average of 100 patients a day.

“Opening the pharmacy was vital to the 59th Medical Wing for many reasons,” said Capt. Alex Dudash, officer in charge of the pharmacy. “The Gateway Bulverde Pharmacy widened our medical capabilities beyond the North Central Federal Clinic pharmacy, which it replaced.”

The new pharmacy expands the footprint for the 59th MDW in the San Antonio area and provides a more convenient option for families who live in the North Central area outside of Loop 1604.

Since opening, the staff provides exceptional medical care to the all the Department of Defense beneficiaries in San Antonio.

“It’s been going great,” said Tech. Sgt. Skyler N. Kieran, GBC pharmacy NCOIC. “The patients who are finding us love it. The wait times are very minimal.”

Wait times at the GBC pharmacy average less than eight minutes from check-in to receiving medication.

In addition to a shorter wait time, Kieran said the pharmacy’s location and policies provide a marked improvement for patients, allowing them to bring in handwritten prescriptions instead of needing a provider to send them electronically.

“We dispense refills as well,” Kieran said. “We can also get specialty medications from JBSA-Lackland delivered to us whenever they’re ready to be dispensed.”

TRICARE-eligible patients from any military treatment

“Opening the pharmacy was vital to the 59th Medical Wing for many reasons. The Gateway Bulverde Pharmacy widened our medical capabilities beyond the North Central Federal Clinic pharmacy, which it replaced.”

Capt. Alex Dudash, officer in charge of the pharmacy

facility or civilian provider within the JBSA area can get their prescriptions filled.

Refills are filled and delivered from another JBSA pharmacy within 48 hours of a patient’s request and an automated calling system informs patients when the prescription is available.

“I love it,” Gill said. “I think I was here on day two, and I’ve been here every time since. It’s so much easier. At every other clinic, if I have a written prescription, I’d have to go to

JBSA-Randolph, which is kind of inconvenient. They take handwritten prescriptions at the GBC pharmacy with no problem. It’s pretty quick and efficient.”

The clinic, located at 25615 Highway 281 North, is open Monday through Friday from 8 a.m. to 5 p.m., but closed on all federal holidays. Patients can call 210-292-9995 for refills; however, anyone who needs to speak with a member of the pharmacy staff can call 210-292-0121.

October Is Dental Hygiene Awareness Month



‘We do more than scrape and polish teeth’

By Tech. Sgt. Ave I. Young

502ND AIR BASE WING PUBLIC AFFAIRS

October is National Dental Hygiene Month, an effort to celebrate the work dental hygienists do and help raise awareness of the importance of good oral health.

Dental hygienists provide preventative oral care under a dentist's supervision. They clean patients' teeth and examine their mouths for signs of disease and damage.

“We do more than just scrape and polish teeth and tell you to floss all the time,” said Ashley Draudt, 359th Aerospace Medical Squadron Dental Flight dental hygienist. “Dental overall supports the Air Force mission by ensuring readiness. A dental hygienist's role is to screen for any diseases that may become a problem while a member is deployed.”

What some people don't know is how oral health can affect the health of the rest of the body. A dental hygienist knows that oral health evaluations can be as important as other medical examinations.

“We are trained extensively on systemic diseases such as hypertension, diabetes and autoimmune disorders,”

Draudt said. “We know how these diseases affect oral health; alternatively we can identify problems we may see in the mouth as potential for systemic diseases and point you in the right direction to follow these concerns up with your primary care team.”

Additionally, some medications — such as decongestants, antihistamines, painkillers, diuretics and antidepressants — can reduce saliva flow. Saliva washes away food and neutralizes acids produced by bacteria in the mouth and help protect you from microbial invasion or overgrowth that could lead to disease.

Oral care is about more than just the color of a person's teeth. When focusing on aesthetics people may miss out on key aspects of oral health. Keeping their teeth healthy is very important to chew food, pronounce words and maintain the contours of their face.

“Daily effective brushing with a fluoride toothpaste and flossing can prevent dental diseases,” Draudt said. “We aren't just saying these things at every appointment for fun. Some people have genetic factors or health factors that already increase their risk for dental diseases; but with daily effective brushing and flossing the risk will stay lower.”

RANDOLPH

‘Port Dawgs’ team with ‘Alamo Dustoff’

By Col. Kjäll Gopaul

AIR EDUCATION AND TRAINING
COMMAND

For the second time in as many months, a joint air-ground team soared across the nighttime skies of San Antonio Oct. 12 in a scene reminiscent of a Hollywood action blockbuster.

On the heels of a mirror-image mission that took place Aug. 22, Airmen from the 26th Aerial Port Squadron trained with the “Alamo Dustoff” Soldiers of Company C, 2-149 Aviation Regiment, Texas Army National Guard, and an active duty pathfinder team for the tactical day and nighttime helicopter extraction and insertion of disaster-relief supplies and personnel.

Between both months’ missions, the Soldiers and Airmen masterfully executed joint air movement activities at San Antonio’s Martindale Army Airfield that saw the heliborne transportation of 57,000 pounds of cargo and 21 personnel over 35 sorties.

The most critical aspect of the disaster-relief scenario had the “Alamo Dustoff” Soldiers hover their aircraft less than four feet over the “Port Dawgs” hook-up teams so that supplies could be transported. Each mission was conducted in two parts — a late afternoon rehearsal and an evening phase to execute the nighttime tasks.

Tech. Sgt. Steven Rose, 26th Aerial Port Squadron ramp operations element supervisor and the October mission’s ground crew team chief, explained that his unit’s main mission is air transportation — loading and unloading all types of cargo for transport aircraft.



AIRMAN SHELBY PRUITT

With Pick-Up Zone OIC 1st Lt. Adam Brewer, left, Tech. Sgt. Steven Rose and Senior Airman Jeremiah Mata, 26th Aerial Port Squadron, aerial transportation technicians, provide a thumbs-up to the Soldiers of Company C, 2-149 Aviation, after attaching a 2,000-pound A-22 cargo bag to a UH-60 Black Hawk helicopter during a disaster relief exercise on Oct. 12 at Martindale Army Airfield in San Antonio.

“We take part in mobility missions, humanitarian missions, search-and-rescue missions,” Rose said. “In fact, my first week in the unit, we were called up when Hurricane Harvey hit Houston to perform everything from transporting first aid to helping evacuees.”

Rose elaborated how the sling load exercise and disaster relief scenario were beneficial training for his unit.

“Normally, our aerial porters palletize loads for movement onto the ramps of a fixed wing aircraft. While helicopter cargo movement is a part of our

career field, we rarely do it; so any chance that we have to perform these tasks and assist with the Army is invaluable.”

From the October mission, Warrant Officer John Maney, medical evacuation pilot, Company C, 2-149 Aviation, explained how a key part of mission success was dependent on aircrew coordination between himself; the other pilot, Chief Warrant Officer 4 Manuel Vasquez and the crew chief, Staff Sgt. Kyle Hjorth.

“My focus was the hovering and aircrew coordination to keep the aircraft as steady as

possible so the ground crew could complete their hook-up mission,” Maney said. “I thought the planning was solid going into the flight — we knew exactly where we were going, what we were doing and who we were dealing with. Even down to the road guard vests and raising the reach pendant above the shoulders as visual indicators that the ground crew was ready to go. Everything on my end was very smooth.”

He added that the exercise was beneficial because this supports wartime and mission essential tasks.

“It’s a huge benefit. This type of training, practical application of the knowledge and detailed planning ensures the mission executes without any problems,” he said.

Offering another aviator’s perspective, one of the August mission’s pilots, 1st Lt. Kyle Snamiska, medical evacuation pilot, Company C, 2-149 Aviation, added, “The ground crews contribute pretty significantly to the exercise’s realism and mission focus. We usually have to simulate a

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MISSION

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hook-up team's actions and use lighter loads for home station training; tonight was better."

Reflecting on the October mission, Hjorth, flight medic and training non-commissioned officer, Company C, 2-149 Aviation, explained his role.

"As the pilots, Mr. Maney and Mr. Vasquez, were flying the aircraft, my role is as the liaison between the air crew and the ground crew," Hjorth said. "I facilitate the operation of actually hooking up the load, maintaining communication with both the ground crew and the pilots to guide both teams, make sure everything goes smoothly, and ensure a successful hook-up."

Hjorth was very impressed with execution by the ground crews.

"I couldn't tell if these guys had done it with us a hundred times, or if they were just that good for their first mission. That's a real testament to the quality of their pre-mission training. The exercise was very smooth, everyone was proficient, and knew what to do. Even the public affairs photographer worked very safely around the active aircraft. Everyone involved was really fantastic."

Hjorth commented the Air Force ground teams make home-station training much more realistic.

"Typically, for our home station training, we have a very simple load and a simple mission, but exercises with the Air Force ground crews have been much more realistic. The cargo loads are more complex, they set up the LZs (landing zone) with marking panels and operate as you would in-theater. It is leaps and bounds above what we can typically pull off with an internally supported event. This type of training is important, since not everyone can work with other branches of service. Having consistent, joint operations allows us to nail down these simple but very critical tasks."

"We had an amazing helicopter re-supply exercise with the Army Soldiers," said Senior Airman Samuel Gordon, 26th APS aerial transportation journeyman and ground crew member. "We mastered how to conduct a sling load — attaching cargo to a Black Hawk helicopter as it was hovering just a few feet over our heads. The mission went well and everyone involved got the opportunity to switch roles and to conduct the sling loads both for the day and night operation. Beforehand, we

had a formal safety brief fly aboard the aircraft then practiced passenger loading, we rehearsed prepping the cargo's breakaway ties for each turn and how to hook up the load to the Black Hawk helicopter. We learned the safety considerations for the night operations — such as limiting light exposure for the pilots using their night vision goggles — by turning off flashes on our phones' cameras, and knowing what to do in an emergency situation for both day and night — that really stuck with me."

"We also had the chance to ride inside the Black Hawk. We were briefed on how to position ourselves, approach the aircraft with the rotors moving at a 90 degree angle and how to put on the seatbelts. The view was incredible! I got see almost all of southeast San Antonio — the setting sun was out with rays coming through some clouds. It was my first time on helicopter. It was a pretty smooth ride." Gordon said.

Maj. Samuel Scallon, commander of Company C, 2-149 Aviation, underscored the mutual benefit of the exercises.

"We had several pilots that required readiness level progression training for nighttime tasks. By integrating the Air Force sling load teams to quickly attach the loads, we increased the number of sorties during the mission, and improved our individual and unit proficiency, as well as joint operations familiarity."

Maj. Cliff Harris, commander of the 26th Aerial Port Squadron, said the air-ground training was beneficial for his unit, as well.

"As operations are increasingly more multi-service, our members will forward deploy to assist in this very type of activity with our joint partners," Harris said. "For example, our 26th APS Airmen have assisted in sling load operations downrange at combat outposts, so today's mission is invaluable not only from the perspective of fostering joint relationships, but for the individual Airmen who could easily be augmentees to this very operation in a real-world setting. So the experience, we really couldn't put a price-tag on."

"The mission of 26th APS is to produce trained aerial port professionals to provide cargo downrange at the port of embarkation and debarkation. This exercise falls right in line with our mission," Harris said. "The relationship that we've established with 'Alamo Dustoff' and the Texas Army National Guard provides a unique opportunity to perform these tasks at home station."

CAM EVENTS

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8:30 a.m., shotgun start; 2-3:30 p.m., lunch and awards

The American GI Forum National Veterans Outreach Program, Inc. serves veterans with employment assistance, housing support, job placement, emergency needs, economic opportunities and other support and family services. For the past 45 years, NVOP's commitment to the veteran community has changed more than 450,000 lives, and the organization continues to work for returning warriors every day. Register at <http://www.veteransdaygolftournament.org/register/>.

USO C.A.M.P.

Location: JBSA-Fort Sam Houston USO Fitness Center

Time: 11 a.m. to 3 p.m.

Open to active duty military members and their families, USO C.A.M.P. is a family-friendly event with food, drink and entertainment for all ages. A barbecue lunch for 300 service members and their families is provided. There are a variety of games and entertainment planned to include a variety of indoor and outdoor life-size games, sumo suit wrestling, face-painting, a craft table, giveaways, music and fun for everyone! During C.A.M.P., Under Armour helps put on a fitness challenge for service members and anyone who's up for a fun competition. This event is open to all active duty military and their families.

» SATURDAY, NOV. 10

SAN ANTONIO HEART & STROKE WALK 5K

Location: Texas A&M San Antonio, One University Way, San Antonio

Time: 7:15 a.m., runner check-in; 8 a.m., timed 5K heart race; 9 a.m., opening ceremony; Heart & Stroke Walk to follow. Break out your best 1990s fashions and come out to celebrate the 25th anniversary of the Heart & Stroke Walk. The Heart & Stroke Walk is the American Heart Association's premier event for raising funds to save lives from this country's No. 1 and No. 5 killers — heart disease and stroke. At the San Antonio Heart & Stroke Walk, we will honor survivors, remember loved ones, and celebrate the AHA Mission. Register at http://www2.heart.org/site/TR?fr_id=3643&pg=entry_5KHeartRace entry fee is \$25 race entry fee, which includes an official swag bag. In honor of Veterans Day weekend, there will be a special acknowledgement of all military and first responders.

U.S. MILITARY VETERANS PARADE, WREATH LAYING AT THE TOBIN CENTER

Location: 451 Jefferson Street, San Antonio

Time: Noon

The U.S. Military Veterans Parade Association, with its proud theme of "Veterans and Community — United," which hails to the core of its existence and purpose. Our goal is to present a Veterans Parade that all can point to as the crowning jewel for Celebrate America's Military Week in San Antonio. Join others in lining the downtown streets and waving your American flag, showing your pride as you honor those

veterans, past and present, who so unselfishly served or serve to defend our freedom in our nation.

2018 SAN ANTONIO CITYWIDE MARINE CORPS BIRTHDAY BALL

Location: Grand Hyatt San Antonio, 600 E. Market St., San Antonio

Time: 5:30 p.m.

The City of San Antonio will celebrate the 243rd US Marine Corps Birthday at the Grand Hyatt San Antonio. The price is \$100 per ticket and seating is limited. Tickets will not be available after Oct. 31, but there will be a waiting list to accommodate those who call 210-540-8474. Active duty Marines, Marine veterans, corpsman and civilian and military guests are invited to attend. Dress for this event is Dress Blue Alpha or Bravo, Evening Dress uniform or Service Alpha. Black tie/Evening gown for our civilian guests, veterans and retirees. Register at <https://www.eventbrite.com/e/2018-san-antonio-citywide-marine-corps-birthday-ball-tickets-46831239498>.

ALAMO TRICENTENNIAL LECTURE SERIES: ALAMO ARCHAEOLOGY

Location: The Alamo, Alamo Hall, 300 Alamo Plaza, San Antonio

Time: 6:30-8 p.m.

The City of San Antonio celebrates its 300th anniversary in 2018 and as part of that celebration, the Alamo presents the Alamo Tricentennial Lecture Series.

Each month, the Alamo will bring you experts who will explore the events, people and themes that shaped the history of the Alamo, San Antonio, and Texas. More than 20 archaeological investigations have occurred at The Alamo over the last 50 years. City of San Antonio Archaeologist Kay Hindes will discuss some of the previous archaeological investigations as well as cover the results of the 2016 archaeological investigations. Call 210-225-1391 for more information. Register at <http://www.thealamo.org/visit/events/calendar/events/2018/lecturekay.html>.

SAN ANTONIO SPURS VETERANS APPRECIATION NIGHT WITH SPURS VS. HOUSTON ROCKETS

Location: AT&T Center, One AT&T Center Pkwy, San Antonio

Time: 7:30 p.m.

The San Antonio Spurs host a Salute to Veterans for the game against the Houston Rockets with tip-off at 7:30 p.m. The Spurs Veterans Night celebration game will honor local veterans and their families. Tickets purchased through this link (<https://groupmatics.events/event/Spursveterans>) will include a special Salute to Veterans t-shirt available for pick-up at the game. Details on t-shirt pickup will be emailed to purchasers the week of the game. This offer is open to everyone who wants to celebrate and support local military families.

» SUNDAY, NOV. 11 — VETERANS DAY

5TH ANNUAL VETERANS DAY GOLF CLASSIC

Location: The Republic Golf Club, 4226 S.E. Military Dr., San Antonio

Check-in Time: 7 and 10 a.m., 1 p.m.; shotgun start: 8

and 11 a.m. and 2 p.m.

The mission of the Veterans Day Golf Classic is to bring awareness to our U.S. military veterans and to the needs of the charities that are working hard to provide services to these American heroes. Join us for restaurants and chefs on the course serving food, games and contests and music and entertainment for the whole family. Register at <http://veteransdaygolftournament.org/register.html>.

VETERANS DAY AT THE ALAMO

Location: The Alamo, 300 Alamo Plaza, San Antonio

Time: To be determined

The public is invited to celebrate veterans and commemorate San Antonio's long military history at the Alamo. All visitors are encouraged to stop by Cavalry Courtyard on the Alamo grounds to commemorate and thank those who have selflessly served.

BEXAR COUNTY BUFFALO SOLDIERS COMMEMORATIVE CEREMONY

Location: San Antonio National Cemetery, 517 Paso Hondo St.

Time: To be determined

Comprised of former slaves, freedmen and Black Civil War veterans, the historic Buffalo Soldiers persevered through the most difficult conditions imaginable to become some of the most elite and most decorated units in the U.S. Army. The annual Bexar County Buffalo Soldiers Commemorative Ceremony at the San Antonio National Cemetery honors these past heroes with a keynote speaker, the reading of a memorial list, military honors and taps and a benediction.

SAN ANTONIO RAMPAGE VETERANS FAMILY DAY WITH RAMPAGE VS. TEXAS STARS

Location: AT&T Center, One AT&T Center Pkwy., San Antonio

Time: 3 p.m.

The San Antonio Rampage host a Veterans Family Day against the Texas Stars with puck-drop at 3 p.m. The Veterans Family Day is an opportunity enjoy a hockey game during the holiday weekend. Discounted tickets are available to veterans, active-duty, friends, and family at <https://groupmatics.events/event/Veteransfamily>.

For more information about CAM week events, visit <http://www.sachamber.org>.

NOTICE OF PUBLIC MEETING TO DISCUSS RANDOLPH FIELD ISD'S STATE FINANCIAL AND ACADEMIC ACCOUNTABILITY RATINGS

Randolph Field ISD will hold a public meeting at 4:15pm, Thursday November 1, 2018, in the Board Room of the Randolph Field ISD District Office, Bldg. 1100 Perimeter Road, Randolph AFB, Universal City, TX 78148. The purpose of this meeting is to discuss the District's "Pass" rating on the state's financial accountability system. The system is designed to encourage Texas public schools to manage their financial resources better in order to provide the maximum allocation possible for direct instructional purposes.